**NOVEMBER 12, 2007** 

MARK YOUR

• 11/16 - 11/17: Vin-

**Christmas Stroll** 

apolis

cennes Old-Fashioned

• 11/16 - 11/18: Interna-

• 11/17 - 11/18: Winter-

• 11/17 - 12/31: Christmas City Walking of

• 11/23: 45th Annual Cir-

cle of Lights celebration

downtown Indianapolis

mas in Brown County in

Log onto visitindiana.com

for more upcoming events

as Fall turns

blows in!

over and Winter

• 11/23 - 12/23: Christ-

Nashville

Lights in Marion

fest in Portland

tional Festival in Indian-

CALENDARS...

# FALL FAVORITES: HOT & HEALTHY

There is something wonderful about enjoying a hot bowl of chili on a brisk day. Especially when it's a quick homemade recipe!

### White Chicken Chili

Serves 6

3 cups cooked white beans

1 can (14.5 oz) low-sodium diced toma-

4 cups low-sodium chicken broth

1 medium red pepper, chopped

2 tsp chili powder

1 tsp ground cumin

1 tsp dried oregano

6 Tbsp shredded reduced-fat Monterey

2 Tbsp chopped fresh cilantro 6 oz. baked tortilla chips (about 65 chips)

## **Directions**

- 1. Combine chicken, beans, tomatoes & chicken broth in a large soup pot.
- Add onions, peppers & garlic.

If you have access to a refrigera-

tor then you may consider:

Low-fat yogurt & fruit

Low-fat cottage cheese

Fat-free pudding cup

Slice of cheese

Source: www.aarp.org

carrots, celery, snap peas

## Ingredients

1 can (10 oz) white chunk chicken

1 medium onion, chopped

1/2 medium green pepper, chopped

2 garlic cloves, minced

Cayenne pepper, to taste

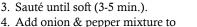
Jack cheese



- Cover & simmer on medium heat.
- 2. Spray frying pan with cooking spray.

Trail mix

Rice cakes



- the soup pot. Stir in chili powder, cumin, oregano & cayenne pepper (if desired).
- 5. Simmer about 10 min. or until all vegetables are soft.
- 6. Serve into bowls & sprinkle each serving with 1 Tbsp cheese & 1 tsp cilantro.
- 7. Serve with baked chips on side.

Serving suggestion: About 2 cups = 376 calories, 5g of fat, 12g of fiber, 25g of protein, 60g of carbohydrates, 474 mg of sodium



Source: MayoClinic.com

# WORK, HOLIDAYS, SLEEP?

Holiday festivities are just around the corner which may push some routines aside, including sleep. However, sleep is vital to your health and work productivity, especially during the holidays. Lack of sleep can cause depression, irritability, poor concentration, fatigue and anxiety. A busy work schedule and holiday planning don't have to take a toll on your health! Try to relax and enjoy this wonderful time of year with a few suggestions.

- Prepare NOW for the upcoming weeks and make checklists. What needs to be taken care of now?
- Try to get 7-8 hours of sleep, the recommended amount of sleep for adults. Maintain a regular bed and wake time schedule including weekends.
- Create a sleeping environment that is dark, quiet, comfortable and cool.
- Check your pillows and mattress to make sure they are comfortable. Have they exceeded their estimated 10 year life expectancy?
- Finish eating 2-3 hours before bedtime.
- Exercise regularly and avoid caffeine close to bed-
- Make sure to save some time each day for yourself.

Source: National Sleep Foundation

## EATING & WELLNESS WHILE YOU WORK

Too busy to eat healthy at work? No way! With these simple solutions you'll find that healthy eating at work is possible and tasty!

### Be prepared before the hunger hits...

Stock your work area with a few staples such as:

- Water
- Dried/fresh fruit
- Granola bars
- Pretzels